



A FEW GRAY HAIRS

A Newsletter of the Georgetown Council on Aging
EMAIL: KNAPPB@TOWN.GEORGETOWN.MA.US

Vol. 6/Iss. 3

September 2004

Happy Grandparents Day September 9, 2004

Don't Forget to Vote!

Dates & Deadlines to Note

Sept. 14th: State Primary

Polls Open: 7 AM – 8 PM

Penn Brook School
Elm Street

Absentee Ballots are now
available at the Town Clerk's
Office.

Oct. 13th: Voter Registration

Last day to register to vote or
change party affiliation for the
State/Presidential Election.

9 AM – 8 PM
Town Hall

Nov. 2nd: State/Presidential Election Day

Polls Open: 7 AM – 8 PM

Penn Brook School
Elm Street

If you have any questions, you
can contact the Town Clerk at
(978) 352-5711.

10 SIMPLE THINGS YOU CAN DO TO SAVE ENERGY

1. **STRESS LESS** – Carpool to work or take mass transit.
2. **START UP YOUR COMPUTER** – not your car – telecommute when possible.
3. **FAUCET AERATORS REDUCE WATER** – and energy use – go with low-flow to save money.
4. **SAVE TIME, ENERGY & MONEY** – send your messages by e-mail.
5. **SHOOT FOR THE STARS-ENERGY STAR®** appliances, computers and windows cut pollution, save energy, and reduce costs.
6. **KEEP THE ELEMENTS AT BAY** – caulk and weatherstrip around windows and doors in your home.
7. **SHIELD YOUR ELECTRIC BILLS** from the heat of summer – plant shade trees on the west and south sides of your home.
8. **GO BLUE!** Gas appliances with yellow flames indicate poor efficiency.
9. **TAKE YOUR REFRIGERATOR'S TEMPERATURE** – freezers should be set at 0-5 degrees(F), fresh foods at 37-40 degrees(F).
10. **A FULL DISHWASHER** uses less water than washing dirty dishes by hand.

Source: Keyspan Energy Delivery "Consumer Update", Summer 2004, page 1.

PRESCRIPTION ADVANTAGE OPEN ENROLLMENT SEPT. 1-30, 2004

Prescription Advantage is an insurance plan that is available to all Massachusetts residents age 65+. Members pay premiums, deductibles and co-payments based on their gross annual household income. The COA has detailed information available at the office.

SEPTEMBER BIRTHDAY CELEBRATION

September 27th at 11:00 a.m.

RSVP before September 20th.



Celebrants will receive a **free lunch** in honor of their birthday. The cost for others to have lunch is \$2.00. Cake & ice cream for all!

You are invited to stay afterward to play our regular Monday Bingo. Cards are \$1 each for everyone.

Reservations are required to assist in ordering lunches. If there are no birthday honorees signed-up for the party, it will be cancelled.

Call us at the COA office at (978) 352-5726 if you plan to attend. **If there is a last minute change & you cannot attend, please call the office ASAP.**

Monthly Activities

Programs are held at the Senior Center located at the Congregational Church, Andover Street, Georgetown unless otherwise noted.

SPEAKERS

Sept. 8th – 10 AM– Haverhill Historical Society

A Society member will be speaking on **Early American Life in New England** as well as sharing artifacts from this period. Come and hear about the sturdy people that our ancestors were and gain more appreciation of life in our modern world.

CRAFT CLASSES

Sept. 29th – 9:30 AM – Button Dolls – Cost: \$2
Come and join us for a morning of fun & fellowship.
Sign-up before Sept. 22nd.

Needlework Drop-In meets every Tuesday morning from 10 – 11:30 AM at the Sr. Center and Monday evenings from 6:30 to 8 PM at the Peabody Library. Bring your projects, problems or just an interest to learn something new! **NOTE: NDI will NOT meet on Sept. 7th due to Bob Finneran's visit that day.**

Call the COA at (978) 352-5726 for any sign-ups.

Dolls For Dolls Program Makes Slight Changes

Our Monday doll-sewing group has been compelled to make some minor changes due to the closing of our D4D chapter. We will now be responsible for obtaining our own materials for making the dolls. Therefore, we are currently in need of and asking for donations of:

- **Doll Body Material** – solid colors to reflect a variety of ethnicity and
- **Fiberfill** (Stuffing Material)

Thank You!

MEET THE CANDIDATE

Bob Finneran (R) is running for state representative. He will be at the Senior Center on **September 7th at 10:00 AM** for a morning of card playing, conversation and refreshments. Bob knows a game called "Black Queen" and wants everyone to join the fun!

Please sign-up at the COA office if you plan to attend. If you plan to have lunch afterward, you will need to give Ginny Ryder two days notice.



Creative Arts CLASSES

Held at the Senior Center

Sign-up by September 3rd (978-352-5726)

Sept. 14th – 10 AM –Creative Writing (Free)
Rosemary Morse will begin an **8-week** class that runs through Nov. 2nd. There is no charge, but students should bring a blank notebook and a pen to class.

Sept. 15th – 10 AM – Beginner's Painting
Mary Paganelli will begin a **6-week** class that concludes on Oct. 20th. The **cost is \$36** payable at the first class or \$6 per week. **Supply costs are separate.** A list will be provided to you upon registration.



Free Presentation at Town Hall

The Better Business Bureau, Inc. will be making a **free** presentation at Town Hall on

Thursday, September 16th at 1:00 PM.

The Better Business Bureau is a non-profit public service organization that provides consumer protection and education programs to the public.

FYI: Town Hall has an elevator as you enter from the back parking lot. Take it directly to the 3rd floor conference room.

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Labor Day ~ September 6th

**The Council on Aging Office
& Senior Center
WILL BE CLOSED.**



Groveland Days Sept. 11, 2004

The Newburyport Lions Eye Mobile will be at the Groveland Town Hall Complex from 10-12 to do eye and Diabetic screenings.

Check your local newspapers for a complete listing of events.



Georgetown Women's Club Flea Market

Saturday, September 25th
at 10:00 AM

on the lawn of the
Georgetown Congregational Church
Andover Street ~ Georgetown

(In case of rain, the Flea Market will be
held inside the church.)



Free Information Available

Fallon Community Health Plan/Senior Resource Line has a list of information that is available to all seniors **Free-of Charge**. If you are interested in any of the following topics, call the **Senior Health Resource Line at 1-800-939-5433**. You **DO NOT** have to be a Fallon member to take advantage of this material.

- ☒ Drivers 55+: Check Your Own Performance
- ☒ A Flexibility Fitness Training Package for Improving Older Driver Performance
- ☒ Preventing Road Rage: How to Avoid Anger While Driving
- ☒ Wake Up!
- ☒ Blinded by the Light? How to Handle Glare for Safer Driving at Night
- ☒ The Older & Wiser Driver
- ☒ Depression: Don't Let the Blues Hang Around
- ☒ Diabetes: Easy Eating for Busy People
- ☒ Getting Your Affairs in Order
- ☒ Long-Term Care: Choosing the Right Place
- ☒ Cancer Facts for People Over 50

Elder Services' Walk for Elders September 19, 2004

The proceeds from this annual event directly benefits elders across the Merrimack Valley. Our own Director, **Beverly Knapp**, will be participating in this walk through scenic North Andover. If you would like to make a pledge, you can contact her here at the COA at (978) 352-5726. If you would like to participate on your own, you can contact Elder Services for details.
(800) 892-0890.

Garden Club Therapy To Resume in October

The Georgetown Country Gardeners' will be returning in October for a season of fun and crafts. All sessions will be held on the first Tuesday of each month at 9:30 AM at the Senior Center unless otherwise noted. All classes are FREE. GCG request that you sign-up at the COA office at least one week in advance to assist them with planning. (We will put reminders in each newsletter.)

October 5	Lady Bug Keep Sake Box
November 2	Decoupage Pressed Flower Wall Hanging
November 18	Thanksgiving Dinner Table Centerpieces *Meet at K of C Hall
Date to be announced	Fresh Flower Arrangements for Christmas Party
January 4	Painted Clay Pots with House Plants & Birdhouse decoration
February 1	Fresh Flower Arrangements
March 1	Glass Plates backed with Floral fabric
April 5	Annual Tea Party

GEORGETOWN COUNCIL ON AGING

SERVICES & INFORMATION

- **VISITING NURSE**
- **HEARING SCREENINGS**
- **TRANSPORTATION: SHOPPING**
- **TRANSPORTATION: N.E.E.T. PROGRAM**
- **MEALS ON WHEELS**
- **S.H.I.N.E. (Assistance with Insurance Questions)**
- **MEDICAL EQUIPMENT LENDING PROGRAM**
- **PRESCRIPTION ADVANTAGE PLAN**
- **VIAL OF LIFE (Medical History/Rx Record)**
- **HANDICAP PLACARDS APPLICATIONS**
- **HEALTH CARE PROXIES FACT SHEET**
- **THE FILE (Record of Important Papers)**

For answers to any questions or further details on any of the above services, contact the Council on Aging at (978) 352-5726.

M A N Y T H A N K S !

We are always appreciative of the variety of donations made to the Council on Aging. This month we would like to thank the following people for:

Bingo Prizes: H. Tapin, H. Merritt, B. & P. Nelson,
C. Pasquale, G. Ryder

Cell Phones: N. & R. Boucher

Craft Items: A. Collins **Magazines:** R. DeAngelis

Medical Equipment: A. Denley

Assistance with Luau: J. Goodwin

Several Anonymous donations of Bingo Prizes



Silver Screen at Lawrence Cinema Cost: \$1 Van: \$1

*Van leaves the Sr. Center at 12 PM.

*Reservations must be made 1 week in advance and a minimum of 4 participants is needed.

Sept. 13th "The Apartment " (J. Lemmon)

Oct. 4th "Laura" (G. Tierney)

For movie details or to sign-up to go, call the COA at (978) 352-5726.



Life Long Learning Fall Schedule

Northern Essex Community College- Haverhill

Bentley Library Conference Area

Thursdays ~ 2 PM ~ \$1 Admission

Programs for Adults 50+ (Other ages welcome.)

For more detailed information please call
978-556-3825.

SEPTEMBER

2nd **Rapid Transit**

Discover the fascinating world of rapid transit in this multi-media presentation.

9th **The Stranger in My Mirror**

Author Rose Mula gives a humorous potpourri of rants, nostalgia & stories about growing older.

16th **Bound for the Promised Land**

This lecture focuses on Harriet Tubman's work freeing slaves from the under-ground railroad.

23rd **Garibaldi's March**

Giuseppe Garibaldi was an Italian commander and hero of gigantic proportions in 19th century Italy.

30th **Antarctica – the Last Frontier**

Narrated slide show.

OCTOBER

7th **Heroic Women You Can Talk To**

Set in 1842/43, "Mrs. Larcom", a Lowell boarding-house keeper, uses role-playing & audience interaction to share stories.

14th **Boston Symphony Orchestra Open Rehearsal – Trip**

21st **US Presidents w/1st Family Ancestry**

They were 1635 settlers that later produced U.S. presidents.

28th **Myths & Facts of WWII**

Uncover some popular WWII myths with the real facts behind them.

NOVEMBER

4th **Viva L'Italia**

Through this multi-faceted, multi-media production Millie Matasso transports you directly to the land of Italy.

11th **NO CLASS – Veterans' Day**

18th **Stones Upon Stones**

This is a lecture/slide presentation about ancient castles and fortresses in the U.K. & Europe.

25th **NO CLASS – Thanksgiving**

DECEMBER

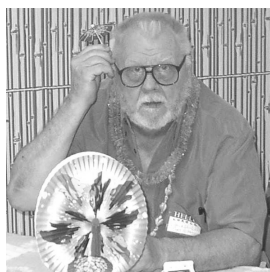
2nd **The NECC Chorus**

Enjoy a holiday concert by college performers. Admission, bring a plate of cookies!



Sitting: E. Clay, G. Foley, E. Harris. First Row: M. Horne, R. Wilcox, C. Painter, L. Catanzaro, E. Conlon, C. Pasquale.
Back Row: R. LeClerc, M. Kennedy, B. Knapp, R. Brown, J. Painter, J. Knapp
 Not Pictured: G. Ryder, J. Goodwin, A. Baker, J. Pasquale

COA Annual Luau



TRIVIA WINNER: Mary Kennedy



Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

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U. S. Postage

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Haverhill, MA

We strive to keep our mailing list up-to-date. Your assistance is important. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

This newsletter is available on cassette for the visually impaired. Call the COA office for details.

Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:
Monday – Thurs. 9 am – 1 pm

Georgetown Senior Center
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 am – 1 pm

PUBLIC NOTICE

The C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **Georgetown Senior Center Andover Street, Georgetown**

NEXT MEETING:
Tuesday, Sept. 28, 2004

Town of Georgetown:

Stephen Delaney, Town Administrator
Paul Thompson, Board of Selectman
Peter Sarno, Board of Selectman
Richard Clough, Board of Selectman

Georgetown Council on Aging:

Director: Beverly Knapp

Office: Alice Girrior, Sr. Aide
Julie Pasquale, Newsletter
Don Smith, Van Driver

Mealsite Coordinator: Ginny Ryder

Board Members:

Joe Young, Chairman/Treasurer
Bertha Foster, Vice Chairman
Ginny Ryder, Secretary
Marian Jordan ~ Diane Prescott
Mary Lou Rentschler ~ Elinor Tripp
Alice Girrior (Alternate)
Mary Garnache (Alternate)

Our Thanks To:
PHOENIX PRINTING



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For their time and energy
in producing
our newsletter.

Please patronize them.

Council on Aging Mission Statement

The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

September Activities

Trestle Way Office Hours: THURS. SEPT. 16 & 30 10 AM – 12 PM

Monday		Tuesday		Wednesday	
September is "Be Kind to Editors & Writers Month!"				1 10:00 Visiting Nurse	
6 Labor Day COA Office/Sr. Center Closed		7 10:00 Needlework Drop-In 10:00 Bob Finneran/Meet the Candidate Cards & Refreshments		8 10:00 Haverhill Historical Society "Early American Life in New England"	
13 9:30 Dolls for Dolls 12:00 Bingo 12:00 Movie/Lawrence Cinema		14 10:00 Needlework Drop-In 10:00 Creative Writing Class (8 weeks)		15 10:00 Beginner's Painting Class (6 weeks)	Thurs. 16 1:00 Better Bus. Bur. Lecture @ Town Hall
20 9:30 Dolls for Dolls 12:00 Bingo		21 10:00 Needlework Drop-In 10:00 Creative Writing Class		22 10:00 Beginner's Painting Class	
27 9:30 Dolls for Dolls 11:00 Birthday Party 12:00 Bingo		28 10:00 Needlework Drop-In 10:00 Creative Writing Class 12:00 COA Board Meeting		29 9:30 Craft: Button Dolls 10:00 Beginner's Painting Class	

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Reservations should be made at least 2 days in advance. Cost: \$2.00 per meal
****MENU SUBJECT TO CHANGE****

**Website Visitors:
The menu can be
viewed at the end of
this newsletter.**

SEPTEMBER VAN SCHEDULE

TUESDAY

**Shopping Trips: The van starts picking up at 9 AM.
Van cost is \$2 per trip.**

Sept. 7	Riverside/Haverhill + Ingaldsby Farm
Sept. 14	Newburyport + W. Newbury Farm Stand
Sept. 21	Walmart/Salem, NH
Sept. 28	Riverside/Haverhill + Ingaldsby Farm
Oct. 5	North Andover + Ingaldsby Farm
Oct. 12	Riverside/Haverhill

THURSDAY

Sept. 2	The Hungry Traveler & Daves Fish Mkt. Pick up starts: 11:00 AM	Van Cost: \$3
Sept. 9	The Green Barn/Salem, NH Pick up starts: 11:00 AM	Van Cost: \$3
Sept. 16	Warren's/Kittery, ME Pick up starts: 10:30 AM	Van Cost: \$4
Sept. 23	Jackson's/Methuen Pick up starts: 11:00 AM	Van Cost: \$3
Sept. 30	Spud's/Rowley Pick up starts: 11:00 AM	Van Cost: \$3
Oct. 7	Macaroni Grill/Methuen Pick up starts: 11:00 AM	Van Cost: \$3
Oct. 14	R.J. Gotto's/Peterborough, NH Pick up starts: 10:00 AM	Van Cost: \$5

The van will be available for medical trips on Mondays & Wednesdays.

**PLEASE MAKE RESERVATIONS AT LEAST 2
BUSINESS DAYS IN ADVANCE BY
CALLING (978) 352-5726.**

***Transportation costs do not include meals or
admissions to events unless specifically noted.**

September 2004

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****MENU SUBJECT TO CHANGE****

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		1 Mild Chili Twice Baked Potato sour cream Green Beans Chilled Fruit/Diet Fruit Corn Muffin	2 Roast Turkey w/gravy Irish Dressing Corn cranberry sauce Chilled Fruit/Diet Fruit Whole Wheat Bread	3 Tuna Salad on Lettuce Pasta Salad Peeled Baby Carrots Fresh Fruit Lite Rye Bread
6 CLOSED FOR LABOR DAY	7 Stuffed Cabbage w/tom. sauce Corn Green Beans Pudding/Lite Yogurt Dark Rye Bread	8 Orange Juice Cheese Lasagna with Florentine Alfredo Sauce Broccoli & Carrots Cookie-reg/Lemon Poppy-diet Soft Bread Stick	9 Oven Fried Chicken-reg Baked Chicken-diet Whipped Sweet Potato Peas cranberry sauce Unsweetened Pineapple-all Multigrain Bread	10 Krunchy Lite Baked Fish Tartar sauce Whipped Potato Beets Fresh Fruit Whole Wheat Bread
13 Swedish Meatballs w/gravy Rice w/ Peas & Mushrooms Carrots Unsweetened Pineapple-all Lite Rye Bread	14 Baked Chicken w/gravy Stuffing cranberry sauce Cauliflower Chilled Fruit/Diet Fruit Multigrain Bread	15 Strip Steak w/onions & peppers Scalloped Potatoes Corn Ketchup-all Jell-O/Diet Jell-O Whole Wheat Bread	16 Roast Pork w/sweet & sour sauce Rice Pilaf Carrots & Pea Pods Birthday Cake-Site Pound Cake-reg/Angel Food-diet Stone Ground Wheat Bread	17 Pier 17 Fish Tartar Sauce Whipped Potato Green Beans Fresh Fruit Dark Rye Bread
20 Chicken Thigh Cacciatore Garlic Roast Potatoes Italian Blend Vegetables Lorna Doones-all Whole Wheat Bread	21 Orange Juice American Chop Suey Parmesan Cheese Broccoli-Corn-Red Pepper Pudding/Lite Yogurt Stone Ground Wheat Bread	22 BBQ Chicken Cheddar Chive Whipped Potato Carrots Raisins-all Low fat Muffin-all	23 Open Face Hot Turkey Sandwich Cranberry Sauce Whipped Potato Wax Beans Chilled Apricots/Diet Fruit White Bread	24 Seafood Newburg White Rice Peas Fresh Orange Multigrain Bread
27 Apple Juice Stuffed Peppers w/tomato sauce Mixed Vegetables Jell-O/Diet Jell-O Italian Bread	28 <u>Change of Seasons</u> <u>Dinner</u> Wild Rice Stuffed Chicken w/gravy cranberry sauce Butternut Squash Green Beans Almondine Fruit Pie-reg/Nutrigrain Bar-diet Dinner Roll	29 Grape Juice Macaroni & Cheddar Casserole Diced Tomatoes w/Zucchini Frozen Yogurt-all Dark Rye Bread	30 Meatloaf w/onion gravy Whipped Potato Chuckwagon Corn Chilled Fruit/Diet Fruit Stone Ground Wheat Bread	OCT. 1 Fish Cakes – 3 each Tartar Sauce Whipped Potato Carrots Fresh Fruit Lite Rye Bread